III International Scientific and Practical Conference

"Modern Trends in Rehabilitation and Sports Medicine"

12-13 November 2026

Organizers	**NJSC "Toregeldy Sharmanov National Medical University"** **Nazarbayev University School of Medicine**
Dates	12 – 13 November 2026
Venue	49a Beibitshilik St., Astana, NJSC "Toregeldy Sharmanov National Medical University", Assembly Hall
Contacts	Phone: Conference coordinators: - Gulnar Taitubayeva, Candidate of Medical Sciences, Associate Professor, tel.: +7-702-384-09-67

PROGRAMME

Day 1, 12 November 2026	
08.00 - 9.00	**Registration of participants**
9.00-9.10	**Opening of the conference** **Welcoming addresses:** **Anar Turmukhambetova – Chairperson of the Management Board – Rector, NJSC "Toregeldy Sharmanov National Medical University"**
9.10 – 9.20	**Young-Jun Kim – Executive Vice President Daegu Health College, South Korea**
9.20 – 9.30	**Irek Zinnurov – Head of the Rossotrudnichestvo Representative Office in Kazakhstan, Director of the Russian House in Astana, two-time Olympic medalist in water polo (2000 and 2004), World and European Championship medalist, Honored Master of Sports of Russia.**
Session 1 "Modern Trends in Sports Medicine" 49a Beibitshilik St., NJSC "Toregeldy Sharmanov National Medical University", Assembly Hall	

Moderators: Young-Jun Kim, N.V. Slivkina, Ye.U. Rakhmanov, G.A. Zhanaspayeva, T.T. Kispayeva		
9.30-10.00	Toward Cross-Border Health Workforce Education: Korea's HANDALBIT Standard Curriculum as a Framework for Korea–Central Asia Collaboration.	Professor Jeon-hyeong Lee, Daegu Health College, South Korea
10.00-10.30	Goal setting and client centeredness in Kazakhstan: Cultural reflections on implementing international best practice.	Petra Magerl, President of the International Association of Occupational Therapy, international expert in rehabilitation and the development of professional standards in occupational therapy (Australia)
10.30 - 10.50	"From Practice to Partnership: Integrating Physiotherapy into the Healthcare System of Kazakhstan"	Dr Gerco Van de Kraats Licensed Physiotherapist, the Netherlands
10.50 – 11.10	Clinical Analysis of In-Depth Medical Examination Results in Hockey Players of Children's, Youth and Junior Teams: Early Signs of Adaptive Myocardial Remodeling and Differential Diagnosis	Bilimzhan Dyussembayev, Candidate of Medical Sciences, Associate Professor, Professor of the Department of Rehabilitation and Sports Medicine, NJSC "Toregeldy Sharmanov National Medical University"
11.10 - 11.30	From Restoring Function to Returning to Sport: Current Return to Sport Criteria in Medical Rehabilitation	Galiya Zhanaspayeva, Head of the Rehabilitation Department, Academician N.D. Batpenov National Scientific Center of Traumatology and Orthopedics; Chief Freelance Specialist in Adult Physical Medicine and Rehabilitation, Ministry of Health of the Republic of Kazakhstan
11.30 - 11.50	Specific Features of Psychological Support for Injured Athletes	Konstantin Bochaver, Candidate of Psychological Sciences, Moscow Institute of Psychoanalysis, Russia
11.50-12.10	Sports Medicine: From Prevention to Recovery	Tokzhan Kispayeva, Professor, NJSC "Karaganda Medical University"
12.10 -12.25	Mobilization with Movement in Sports	Azamat Yestayev, Sports Medicine and Rehabilitation Physician, founder of the "Astana Dynamika" clinic, co-founder of the Open Minded Physical Therapist Community. International training: Mulligan A, B, C & Sports · Maitland 2B · Coordinative Locomotor Training · Dry Needling Advanced · Clinical Neurodynamics.
12.25 – 12.45	Psychological Support for Athletes after a Significant Defeat	Elena Khvatskaya, Candidate of Psychological Sciences, Lesgaft National State University of Physical Education, Sport and Health (St. Petersburg)
12.45 – 13.00	Scientific and Methodological	Natalya Slivkina, Doctor of Medical Sciences, Head

	Foundations of Sports Nutrition in Powerlifting	of the Department of Rehabilitation and Sports Medicine, NJSC "Toregeldy Sharmanov National Medical University" A.Kh. Bizhanov – representative of the World Powerlifting Organization WPSO, Master of Sports of International Class, Doctor of Economic Sciences, Professor; E.A. Bauman – bodybuilder, endocrinologist, nutritionist, dietitian.
13.00 – 14.00	**Break**	
Session 2 "Modern Trends in Rehabilitation" 49a Beibitshilik St., NJSC "Toregeldy Sharmanov National Medical University", Lecture Hall 4 **Moderators:** N.V. Slivkina, T.T. Kispayeva, G.K. Taitubayeva		
14.00-14.20	Nazarbayev University as a Hub for Rehabilitation Technology Innovation in Central Asia	Yeltay Rakhmanov, PhD, Co-Director of the MSc Programme in Sports Medicine and Rehabilitation, Nazarbayev University
14.20 – 14.40	More Than a Diagnosis: How the ICF Helps Assess a Person's Real Life	Alexander Dubovikhin Assistant Professor, Department of Neurology, Psychiatry and Rehabilitation, Karaganda Medical University; Chief Freelance Rehabilitation Specialist of Karaganda Region; international expert in ICF implementation and application
14.40 – 15.00	"Act Locally, Achieve Global Recognition: Developing National Physiotherapy Qualification Standards for International Recognition"	Dr Ann G. Nicholson, PT, DPT, MSc Senior Manager, Development and Education, World Physiotherapy, United Kingdom
15.00 – 15.20	Modern Neurorehabilitation after Stroke: New Guidelines and Their Application in Clinical Practice	Amina Seidanova, Chief Freelance Specialist in Physical Medicine and Rehabilitation, Astana
15.20 -15.40	Integrating a Cognitive Component into the Rehabilitation Programme for Preschool Children with Congenital Heart Defects	Yernar Dairbekov – Assistant, Department of Medical Rehabilitation and Neonatology, NJSC "Semey Medical University"
15.40 — 16.00	Eastern Principles of Wellness in Modern Rehabilitation	Wang Zheng – Tibetan medicine physician, specialist in the management of cervical-collar and lumbar spine disorders, rehabilitation physician of the Chinese national windsurfing team at the Paris Olympic Games, lecturer at the Research Institute of Traditional Chinese Medicine of the Beijing World Federation of Acupuncture and Moxibustion, manual therapist of the Yuan School (China)
16.00 – 16.20	Traditional Medicine in Medical Rehabilitation: Legal Aspects and Boundaries of Professional Competence	Aidos Tlemissov – PhD, Associate Professor, orthopedic traumatologist, rehabilitation specialist, NJSC "Semey Medical University"
16.20 – 16.40	Medical Rehabilitation in Sanatorium and Resort	Sh.A. Bulekbayeva, Doctor of Medical Sciences, Advisor to the President of the "Okzhetpes" Health

	Facilities of the Medical Centre of the Administrative Department of the President of the Republic of Kazakhstan: Current Trends	Resort Complex of the Medical Centre of the Administrative Department of the President of the Republic of Kazakhstan; Professor of the Department of Neurology, Psychiatry and Narcology, Khoja Akhmet Yassawi International Kazakh-Turkish University; Vice-President of FEMTEC
16.40 – 17.00	Neuro-Exercises: From Daily Activity to Clinical Rehabilitation	Gulnar Taitubayeva, Candidate of Medical Sciences, Associate Professor of the Department of Rehabilitation and Sports Medicine, NJSC "Toregeldy Sharmanov National Medical University"
17.00 — 17.15	Ultrasound and Shock Wave Therapy as Part of a Rehabilitation Strategy for Stage I Perthes Disease: A Clinical Case and Functional Outcomes	Stanislav Danilenko, Lecturer, Department of Rehabilitation and Sports Medicine, NJSC "Toregeldy Sharmanov National Medical University"
17.15 - 17.30	Clinical and Functional Assessment of Medical Rehabilitation Outcomes in Patients after Coronary Artery Bypass Grafting at the Cardiac Rehabilitation Department of the Medical Centre of the Administrative Department of the President of the Republic of Kazakhstan	Aizhan Rakhmetullina, 2nd-year doctoral student, NJSC "Semey Medical University"; rehabilitation physician of the second category; Head of the Rehabilitation and Day Hospital Departments, "Salauatty Astana" LLP
17.30 — 17.45	The Role of Mini-Trampoline Exercises in Improving Balance and Functional Mobility: A Review of Current Evidence	Aigul Aldanova MSc in Sports Medicine and Rehabilitation, Nazarbayev University graduate. Researcher in sports medicine, physical activity and rehabilitation. Founder and Head of The Studio fitness studio, Astana, Kazakhstan.
17.45 - 18.00	Eastern Practices in Patient Rehabilitation	Daulet Zhumadilov, Candidate of Medical Sciences, Professor of the Department of Rehabilitation and Sports Medicine, NJSC "Toregeldy Sharmanov National Medical University"
18.00 — 18.10	Summary of Day 1	
Day 2, 13 November 2026		
	Young Scientists Section 49a Beibitshilik St., NJSC "Toregeldy Sharmanov National Medical University", Assembly Hall **Moderators:** N.V. Slivkina, T.T. Kispayeva, Ye.U. Rakhmanov, G.K. Taitubayeva	
8.00 — 8.10	Modern Interactive Rehabilitation for Lower-Limb Sports Injuries	Iman Fatime, Muneeb Ali Saif – students of group 589, Medicine; Navruzbaev Sanjar – student of group 301, Kinesiotherapy 2.6; Toregeldy Sharmanov National Medical University. Scientific supervisor: G.S. Khussainova, Candidate of Medical Sciences, Professor, Department of

		Rehabilitation and Sports Medicine
8.10 — 8.20	Application of the Ontogenetic Principle in the Medical Rehabilitation of Children with Motor Development Disorders	Ayaulym Baktiyarova 2nd-year resident, NJSC "Semey Medical University" Ulan Didarov – 1st-year student, Kinesiotherapy, NJSC "Semey Medical University" Daryn Kapezov – 1st-year student, Kinesiotherapy, NJSC "Semey Medical University" Scientific supervisor: Aliya Alimbayeva Candidate of Medical Sciences, Associate Professor, Head of the Department of Medical Rehabilitation and Neonatology, NJSC "Semey Medical University"
8.20 — 8.30	Ergonomics in Hand Rehabilitation: Practical Principles for Clinical Practice	Dr Dina Kalinina MSc in Sports Medicine and Rehabilitation, PhD candidate in Global Health, Nazarbayev University
8.30 — 8.40	Cardiovascular Adaptation in Adolescent Football Players with Regard to Genotypic Profile	Amira Ruzieva, independent applicant, Department of Medical Rehabilitation, Sports Medicine and Folk Medicine, Samarkand State Medical University Scientific supervisor: Z.F. Mavlyanova, Doctor of Medical Sciences, Head of Department, Samarkand State University, Uzbekistan
8.40 — 8.50	Clinical and Physiological Characteristics of Internet Addiction in Athletes with Regard to Neuropsychological Disorders	Bakhriddin Doniyorov, independent applicant, Department of Neurology, Samarkand State Medical University Scientific supervisor: Z.F. Mavlyanova, Doctor of Medical Sciences, Head of Department, Samarkand State University, Uzbekistan
8.50 — 9.00	The Influence of Genetics on the Development of Athletic Performance	Elizaveta Tarapata, Grade 10 "L", School-Lyceum No. 27, Astana Scientific supervisor: I.L. Tarapata, sports physician
9.00 — 9.10	Applications and Benefits of Artificial Intelligence in Medical Rehabilitation: Risk Assessment and Outcome Prediction	Aidana Omargaliyeva, Togzhan Galymzhankyzy – students of group 589, Medicine; Shukurbek Abdunazarov – student of group 301, Kinesiotherapy 2.6; Toregeldy Sharmanov National Medical University. Scientific supervisor: G.S. Khussainova, Candidate of Medical Sciences, Professor, Department of Rehabilitation and Sports Medicine
9.10– 9.20	Early Medical Rehabilitation of Patients after Stroke: From Prevention of Complications to Restoration of Functional Independence	Yulia Zorina – 2nd-year resident, NJSC "Semey Medical University" Aibolsyn Amangeldi – 1st-year student, Kinesiotherapy, NJSC "Semey Medical University" Nursultan Kanagatov – 1st-year student,

		Kinesiotherapy Scientific supervisor: Yernar Dairbekov – Assistant, Department of Medical Rehabilitation and Neonatology, NJSC "Semey Medical University" Scientific consultant: Aizhan Rakhmetullina, 2nd-year doctoral student, NJSC "Semey Medical University"
9.20 — 9.30	The Effect of Passive Proprioceptive Stimulation of the Ankle and Knee Joints on Gait and Balance Recovery in Patients after Stroke	Inna Bolshakova, doctoral student in Nursing Science, NJSC "Karaganda Medical University" Scientific supervisor: Professor Tokzhan Kispayeva
09.30– 09.40	Rehabilitation Using Vojta Therapy in a Child with Severe Congenital Brain Malformations: A Clinical Case	Aksaule Zakir, 1st-year resident in Physical Medicine and Rehabilitation, Toregeldy Sharmanov National Medical University. Scientific supervisors: Zh.B. Akhmetova, PhD, Professor, Department of Rehabilitation and Sports Medicine; A.A. Sharapatova, doctoral student, Department of Rehabilitation and Sports Medicine
09.40– 09.50	The Relationship between Foot Position, Degenerative Changes of the Knee Joint and Pain Severity in Adults	Tolkyn Marat, 3rd-year student, Kinesiotherapy 2.6, Toregeldy Sharmanov National Medical University. Scientific supervisor: M.T. Aitkhozhayeva, Candidate of Medical Sciences, Associate Professor, Department of Rehabilitation and Sports Medicine
09.50 - 10.00	Using a mobile application for self-management in gait and balance restoration in geriatric patients	Tomiris Zhunussova, bachelor's programme, intern, General Medicine, NJSC "Karaganda Medical University" Scientific supervisor: Professor Tokzhan Kispayeva
10.00 – 10.15	Robotic Gait Pattern Correction after Knee Arthroplasty: A Pilot Study	A.M. Bayanov, 2nd-year resident in Physical Medicine and Rehabilitation, Academician N.D. Batpenov National Scientific Center of Traumatology and Orthopedics Scientific supervisor: A.B. Seidanova
10.15 – 10.30	Robotic Traction Therapy in Patients after Major Joint Arthroplasty	D.A. Nikolaitseva, 1st-year resident in Physical Medicine and Rehabilitation, Academician N.D. Batpenov National Scientific Center of Traumatology and Orthopedics Scientific supervisor: G.A. Zhanaspayeva
10.30 – 10.45	Current Trends in Orthopaedic Rehabilitation: Evidence-Based Approaches	Dr Serik Mukiyev MSc in Sports Medicine and Rehabilitation, PhD candidate in Global Health, Nazarbayev University
10.45 – 11.00	Evidence-Based Musculoskeletal Rehabilitation in Swimmers	Yenlik Ultarakova MSc in Sports Medicine and Rehabilitation, PhD candidate in Global Health, Nazarbayev University
11.00 – 11.15	Anti-Gravity Gait Training after Major Joint Arthroplasty: First Clinical Observations	G.B. Nurmanova, 1st-year resident, Academician N.D. Batpenov National Scientific Center of Traumatology and Orthopedics Scientific supervisor: L.S. Minbayeva
11.15 – 11.30	Effectiveness of the Robospine Device and the	I.T. Ishanov, 2nd-year student, Medicine; Z.B. Abulkassova, 2nd-year student, Medicine; D.F.

	Pilates System in the Medical Rehabilitation of Post-Stroke Patients	Sekenova, 3rd-year student, Kinesiotherapy, NJSC "Toregeldy Sharmanov National Medical University" Scientific supervisors: B.S. Khamidulin, Candidate of Medical Sciences, Associate Professor, A.B. Aubakirov Department of Human Anatomy; Daulet Zhumadilov, Candidate of Medical Sciences, Associate Professor, Professor of the Department of Rehabilitation and Sports Medicine
11.30 – 11.45	Formation and Development of Postural Control in Young Children. The Role of the Occupational Therapist in the Multidisciplinary Team.	Madina Ibragimova, 3rd-year student, Occupational Therapy, NJSC "Toregeldy Sharmanov National Medical University" Scientific supervisors: N.V. Slivkina, Doctor of Medical Sciences, Head of the Department of Rehabilitation and Sports Medicine; R.K. Burumbayeva, Senior Lecturer, Department of Rehabilitation and Sports Medicine
11.45 – 12.00	Psychological Support for Injured Athletes during Rehabilitation	Viktoria Reger, Kinesiotherapy, 3rd year, NJSC "Toregeldy Sharmanov National Medical University" Scientific supervisors: Konstantin Bochaver, Candidate of Psychological Sciences, Moscow Institute of Psychoanalysis, Russia; N.V. Slivkina, Doctor of Medical Sciences, Head of the Department of Rehabilitation and Sports Medicine
12.00 – 12.10	Remote Support of Post-Stroke Patients in Occupational Therapy: Assessment of Daily Activity	Diana Kurmanseitova, 2nd-year Master's student, Medicine, Toregeldy Sharmanov National Medical University. Scientific supervisor: N.V. Slivkina, Doctor of Medical Sciences, Head of the Department of Rehabilitation and Sports Medicine
12.10 – 12.20	Optimization of the Analysis of Common Doping Substances Using Ultra-High-Performance Liquid Chromatography and Gas Chromatography–Mass Spectrometry	Zhandos Bessarinov, 1st-year resident in Physical Medicine and Rehabilitation, Toregeldy Sharmanov National Medical University Scientific supervisor: A.A. Aidarbekov, Senior Lecturer, Department of Rehabilitation and Sports Medicine
12.20 - 12.30	Integration of PNF Therapy and Exopulse Mollii Neuromodulation	Aibar Saletayev, 3rd-year student, Kinesiotherapy, Toregeldy Sharmanov National Medical University Scientific supervisors: Vladimir Kim; N.V. Slivkina, Doctor of Medical Sciences, Head of the Department of Rehabilitation and Sports Medicine
12.30 - 12.40	A Multidisciplinary Approach to the Rehabilitation of Children with ASD	Shakhnoza Boltayeva – independent applicant, Department of Medical Rehabilitation, Sports Medicine and Folk Medicine, Samarkand State Medical University Scientific supervisor: O.A. Kim, PhD, Associate Professor
12.40 - 12.50	Principles of Upper Limb Injury Prevention in Artistic Gymnasts	Khazrat Oblakulov – independent applicant, Department of Medical Rehabilitation, Sports Medicine and Folk Medicine, Samarkand State Medical University

		Scientific supervisor: O.A. Kim, PhD, Associate Professor
	Competition Committee Session	
	Break	
	Master Class Session 53 Beibitshilik St., NJSC "Toregeldy Sharmanov National Medical University", Coworking Space **Moderators:** N.V. Slivkina, Z.F. Mavlyanova, D.Sh. Zhumadilov	
09.00 — 10.00	"Dry Needling and TENS Therapy: An Effective Strategy for Muscle Recovery in Athletes after Exertion and Injury"	Stanislav Danilenko, Master's student, NJSC "Toregeldy Sharmanov National Medical University"
10.00 – 12.00	Selected Issues of Manual Therapy in Sports Medicine Practice	Bilimzhan Dyussembayev, Candidate of Medical Sciences, Associate Professor, Professor of the Department of Rehabilitation and Sports Medicine, NJSC "Toregeldy Sharmanov National Medical University"
12.00 — 14.00	"FOHOW — HEALTH TECHNOLOGIES" Integrating Eastern Traditions and Modern Technologies in Wellness Medicine.	Wang Zheng – Tibetan medicine physician, specialist in the management of cervical-collar and lumbar spine disorders, rehabilitation physician of the Chinese national windsurfing team at the Paris Olympic Games, lecturer at the Research Institute of Traditional Chinese Medicine of the Beijing World Federation of Acupuncture and Moxibustion, manual therapist of the Yuan School (China)
14.00 — 15.30	Neurotherapeutic Approaches (Bobath, Proprioceptive Neuromuscular Facilitation).	Professor Jin-hwan Lee, Daegu Health College, South Korea
15.30 – 17.00	Beyond Recovery, Occupational Therapy for Meaningful Daily Life.	Professor Ki-hoon Hong, Daegu Health College, South Korea
17.00 – 17.20	**Summary of the Young Scientists Section.** 49a Beibitshilik St., NJSC "Toregeldy Sharmanov National Medical University", Assembly Hall	
17.20 – 17.30	**Summary of the conference. Adoption of the conference resolution.**	

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